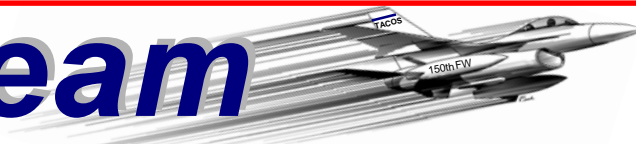


Jet Stream



News for the Enchilada Air Force

Edition, No. 3



Photo by MSgt. Dave Ahlschwede

TSgt. John Owen briefs two foreign military members on the M-249 machine gun. Owen and other Security Forces members work in conjunction with Bulgarian Military Police to maintain security on Camp Sarafovo which houses personnel supporting refueling operations. Camp Sarafovo is home to the 409th Air Expeditionary Group. Members from various Air Force units worldwide are currently deployed with the 409th AEG in support of Operation Iraqi Freedom.

150th SFS members support Operation Iraqi Freedom

By Staff Sgt. Jason Smith
409 AEG Public Affairs

BURGAS, Bulgaria - New Mexico Air National Guard members worked jointly with American and foreign active duty forces as members of the 409th Air Expeditionary Group at Camp Sarafovo, Bulgaria.

Security forces members from the 150th Fighter Wing and support personnel from the 377th Mission Support Group arrived at the camp more than a month ago where they support air refueling operations with KC-10A Extender aircraft. The KC-10s are continually involved in the air refueling of aircraft that are striking targets in Iraq as part of Operation Iraqi Freedom.

Under the command of Maj. Richard Almeter, members of the 150 SFS are not only working hand-in-hand with active-duty personnel, but also with Bulgarian National Police.

"It's been a positive experience," said Master Sgt. Roy Johnson, 409th Security Forces Squadron deployed from the 150 FW. "We're learning each other's law enforcement and security techniques. Soon, we're going to start joint patrols with the Bulgarians."

The job the security forces members have to do is not an easy one. Twenty-four hours a day/seven days a week, the cops are charged with providing security and law enforcement functions for more than 400 personnel at the camp, in

Continued on page 5, see DEPLOYED

150 FW Mission: *The New Mexico Air National Guard provides unsurpassed aerospace combat capability and combat support forces to meet any contingency in the world.*



Commander's Column

By Col R. Kim Hunter
Commander, 150th FW

As we all know our nation is almost two years into the War on Terrorism and about three months into Operation Iraqi Freedom. Although the bombing campaign is long over, we, as a military community, still have a presence in Iraq for continued stability and getting that country off to a good start under their new government.

We have members of the 150 FW that have been active participants since day one, and still on the job, as well as members that are being called to support many other aspects of operations.

I would like to remind you to take the time now and get all personal matters taken care of rather than waiting until you're actually tasked to deploy.

In too many cases, deployment taskings leave us with a short amount of time to take care of essential

business prior to leaving and making sure you and your family are taken care of – financially and psychologically. Also, the more you have taken care of before hand; the more time you can spend with your family instead of hustling to get shots, wills, life insurance, mission qualifications, etc. taken care of at the last minute.

Additionally, I encourage you to contact our Family Support office for any help that you may need or any questions you may have regarding preparedness. The Family Support office has the information you need to ensure you, and your family, will be ready if you are called upon to deploy. That's why they're here – for you. I can't stress enough the importance of being 'totally ready.'

On Mar. 28 the wing began its aircraft conversion to Block 30 F-16s.

We've done a good job taking care of most of the issues we faced; now we are in the acceptance phase of bringing in the "new" aircraft. We are anticipating being complete with the conversion this fall. Without the combined efforts of the entire Wing, we would not be as far along in this process as we currently are. This is another example reflecting the caliber of people this Wing has – And it goes noticed!

Our aviation package (OPS & Maintenance) has been tasked to support Operation Noble Eagle this summer. Prior to this, the bulk of our tasking had been for our Mission Support Group functions, including Airport Security.

As you can see, every function and discipline has been tasked to support current contingencies to some degree. Our Wing, people, and their families are making great contributions to our Nation's efforts– Thanks to each and every one of you; we could not do it without you.

Jet Stream Editorial Staff

Col R. Kim Hunter Wing Commander
2nd Lt Bruce Hill Wing PAO
TSgt Mitch Chandran Editor
SrA Angel Calhoun Staff Assistant
TSgt Mark Grindle Wing Historian
SMSgt James F. Davis Audio Visual

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Please provide your name and duty phone on your submissions, and call 846-2293 to ensure that your article was received. If a photo is required with your article, you are responsible for turning in a work order to SMSgt Jim Davis in the Audio Visual Section.

ATTENTION

1. All photographs and articles must have the name and rank of the individual who took the photo or wrote the article if he/she wishes credit.
2. If you need additional information about submitting articles or information for print in the Jet Stream please call 846-2293 or 853-7013.

First Shirt Corner

Personnel Force Management

– A Good Idea

By SMSgt. James A. Gutierrez
1st Sergeant, 150th Medical Squadron

People are the Air National Guards' most precious resource. In order to execute our mission successfully we must employ good people. In order to recruit and retain good people, we must concern ourselves with both their needs and the needs of the Air National Guard. This includes such things as, what attracts people to us? What does it take to keep them? And how long should we keep them?

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Wing serious about readiness

By Tech. Sgt. Mitch Chandran
150th FW Public Affairs Office

Air National Guardsmen demonstrated their readiness to deploy and also proved they could fulfill their missions in heightened combat conditions to include a chemical environment.

The 150th Fighter Wing tested its members Apr. 4 – 5 on their deployment capabilities and ability to survive and operate in austere conditions.

“We constantly train for deployment,” said Col. R. Kim Hunter, commander of the 150th Fighter Wing. “It is essential we maintain readiness for combat conditions so when asked to deploy, we can fulfill our missions in any challenging environment.”

Wing members were tasked in two phases of this ‘deployment.’ The first phase tested unit members ability to process through a mobility line. The second phase gave the opportunity for members to hone their skills at their jobs while in full chemical warfare ensemble.

Members started their ‘deployment tasking’ by getting ready and going through an outprocessing line supported by the 377th Air Base Wing. When outprocessing, members are expected to have all their personal, legal affairs and medical records in order.

If a member is not up-to-date in any one area, it could cause delays in outprocessing, which in turn, could impact fulfilling a particular mission successfully.

“Outprocessing on-time is key for a successful deployment,” said CMSgt. John Montford, command chief master sergeant for the 150th Fighter Wing. “If any one member is held up from leaving on time due to his or her records being

outdated, then valuable time is lost,” He said. “We spend a lot of time each month making sure our members have their records current.”

After going through the outprocessing stations, members wait in the deployment center’s waiting room where they await transportation to their ‘deployment location.’

Once outprocessing is completed, unit members board a bus and are ‘on their way to their forward operating area.’

In this case, transportation from the deployment center to their ‘forward operating location’ took about 20 minutes.

‘Deploying’ Guardsmen were shuttled from the base Deployment Center and back to the 150th FW campus area.

After arriving at their ‘forward operating location,’ Wing members could expect anything to happen at anytime. Even under the worst of conditions, the Guardsmen know their work must still go on and the mission must be accomplished.

It wasn’t long before the Guardsmen realized the ‘worst case scenario.’ The warning came to suit up in their chemical warfare gear ensemble. This ensemble is designed to protect people from direct exposure to chemical, biological, and nuclear agents.

Working in a simulated chemical attack, Guardsmen continued their work wearing the full chemical warfare gear ensemble including the mask with filter.

“Working in this suit is a little slower,” Montford said,

“You have to pace yourself but you are protected, healthy, and able to complete your mission.”

Without exception, Guardsmen have to be trained and ready at a moment’s notice to deploy and survive any condition anywhere. Wing members realize this and take readiness serious.



New Adjutant General of New Mexico

Brig. Gen. Kenny Montoya is now New Mexico's Adjutant General as of April 23 after being named by Gov. Bill Richardson. His appointment and promotion to brigadier general were effective on the same day.

Montoya will oversee more than 4,000 New Mexico men and women currently serving in the Army and Air National Guard.

Montoya received a Master's degree from the United States Army War College in Pennsylvania. He is a decorated officer who has commanded everything from platoons to battalions,

served in Saudi Arabia and Iraq in the aftermath of Operations Desert Storm, and was deployed around the world in a number of military exercises and operations according to Richardson.

"He has been a combat arms officer for more than twenty years, a key military leadership role," Richardson said.

Montoya is a native New Mexican, originally from Raton, who also graduated from the University of New Mexico Law School. He has served as a prosecutor in the Bernalillo County District Attorney's Office, and handled many tough criminal cases.

Helping to send a 'bit' of home to deployed military members

By Jennifer E. West

377th ABW Public Affairs Office

"A flag for your pocket so you can always carry a little piece of home," says the enclosure card on the free miniature folded pocket flags being sent to deployed military.

Brenda Brummer of Air Force Research Laboratory Contracting Directorate needs your help to continue making and sending the palm-sized folded flags with messages to deployed military and Guard members in the Pocket Flag Project.

"I'd love to see more people involved," Brummer commented, adding, "People ask if the flags are for sale. We're not selling these for a profit—these are gifts for our troops."

Working alone for the most part since last Christmas, Brummer has already provided about 275 flags to the Family Support Services at the 150th Fighter Wing, 100 to people on board the USS Bon Homme Richard, and 250 flags were recently sent to Holloman AFB, N.M.

Those figures, Brummer explained, don't include many flags she's helped make by trimming fabric from bolts and

Gulf War who carried small, folded flags, Ford launched her own patriotic support project and presented the pocket flags to Reservists late last year.

When Brummer visited her sister during the holidays, she became involved helping Ford and then began her own project here.

For Brummer, making the tiny flags with messages became a mission after the Sept. 11, terrorist attack. When she speaks about the how-to of the project, she is all business. But, when she explains why she gives so much time, effort and money to her project, her eyes cloud with tears.

"...I never thought I would see such a tragedy and such an all-out effort to defend our soil in my lifetime," she explained. "I feel like I need to do something. We all lost and it's affected all of us in some way...this was such a sweet idea to let (the military) who are out there defending our country, our traditions, freedoms and our lives with theirs, know that we're supporting them and that we care."

"It helps me to know that I'm working on something that lets these people know we support them and we're not



Photo by Todd Berenger

Brummer shows one of her flags. Because the flags are given free to military people, Brummer explained, all materials are donated.

"People ask if the flags are for sale. We're not selling these for a profit—these are gifts for our troops."

-- Brenda Brummer

into individual flags. She has worked with spouses of Albuquerque Police Department employees who are Guard and Reservists.

"It's a nice gesture and I think it boosts Guard members' morale," said Therese Sanchez, Family Readiness manager for the New Mexico Air National Guard. "The members who've gotten (flags)—they've really appreciated it."

The project was devised by Brummer's sister, Luwanda Ford, a Cub Scout den leader in Colorado. After speaking with other Boy Scout leaders who were veterans of Vietnam and the

forgetting what they're doing for us."

And the project, she hopes, will continue for as long as the war on terrorism is waged.

Flags now are being sent to people in all military branches serving in Afghanistan, and there are plans to include veterans groups, law enforcement and firemen as recipients if the project flourishes.

Ford also created an online site, www.geocities.com/pocketflagproject/, that gives the history of the project and details on how to participate in the project. The site provides information on how to receive flag fabric purchased at discount

by the project representatives, how to make the flags, how to distribute them and other important details.

Because the flags are given free to military people, Brummer explained, all materials are donated. Since late last year, Brummer personally paid for 10 bolts of flag fabric costing about \$460, purchased 4,000 of the small bags for the flags and cards for about \$55 and has spent at least \$25 on postage, mailing the prepared bags. And, of course, Brummer's time preparing and mailing flags is volunteer time.

Individuals and groups interested in helping Brummer make flags can call 846-4900 or e-mail her at brenda.brummer@kirtland.af.mil. Brummer hopes to form a group to meet weekly, twice weekly or even monthly to cut and make the flags and to prepare them for mailing.

DEPLOYED

continued from page 1.

addition to the aircraft and resources at the flightline about two kilometers away. Furthermore, security forces have taken on many extra duties including conducting honor guard functions, helping with school tours of the flightline and camp, working with local media to build a positive relationship, providing extra security for multiple distinguished visitor visits, and developing emergency response checklists for themselves and the Bulgarian Police.

"After a long history of Soviet influence in Bulgaria, learning each others' systems is very different for both of us," said Almeter. "The Bulgarian military and police have welcomed the American security forces, and both sides are working hard to build rapport."

The efforts of both sides are already paying off, according to Johnson.

"A lot of our guys are learning some Bulgarian, and in turn, they're teaching (the Bulgarians) some English," said Johnson. "It gives everybody a chance to practice, and also an opportunity to socialize during downtime."

"A lot of our guys are civilian cops at home," said Johnson, who is also an Albuquerque policeman. "A lot of the questions the Bulgarian Police ask are about police work at home. Cops are the same everywhere in the world, and that common bond has been huge here."

The 150th Security Forces Squadron has been activated since September 2001, according to Johnson. While they are excited about getting home and spending time with their families, the airman keep their morale high and stay focused on the job they have to do.

"There are certain times when the people get tired and worn down that they feel the stress of wanting to get home," said Johnson. "But, they all feel a great deal of pride in being involved in the war efforts of Operation Enduring Freedom and Operation Iraqi Freedom. We all know we have jobs to do, and we're proud to serve our country in whatever we're called to do."



Photo by MSgt Dave Ahlschwede

(L to R) Jeko Jekov and SSgt. Olga Valery patrol the beach area at Camp Sarafovo. American Security Forces members work in conjunction with Bulgarian Military Police to maintain security on Camp Sarafovo which houses personnel supporting refueling operations. KC-10 Extenders from the 305th / 514th Air Mobility Wing, McGuire AFB, N.J., are deployed to Burgas Airport and nearby Camp Sarafovo, Bulgaria, to support tanker operations.

On-Duty Humor

The following is a compilation of humorous squawks throughout the Air Force submitted by pilots with replies from maintenance crews. "Squawks" are problem listings that pilots generally leave for maintenance crews to take care of.

Problem: "Left inside main tire almost needs replacement."

Solution: "Almost replaced left inside main tire."

Problem: "Test flight OK, except autoland very rough."

Solution: "Autoland not installed on this aircraft."

Problem: "The autopilot doesn't."

Signed off: "IT DOES NOW."

Problem: "Something loose in cockpit."

Solution: "Something tightened in cockpit."

Problem: "Evidence of hydraulic leak on right main landing gear."

Solution: "Evidence removed."

Problem: "DME volume unbelievably loud."

Solution: "Volume set to more believable level."

Problem: "Dead bugs on windshield."

Solution: "Live bugs on order."

Problem: "Number three engine missing."

Solution: "Engine found on right wing after brief search."

Air National Guard doctor saves boy's hand

By Victor Calzada
El Paso Times

With an innocence only a child can possess, 3-year-old Preston Parker was in awe Aug. 5, 2002, while taking his first ride on a helicopter.

It seemed to hardly faze the blond toddler that the copter was taking him to Thomason Hospital so that his wrist and hand could be reattached to his arm. Two hours after a traffic accident, he arrived at the trauma center still talking about the airlift.

"He was so excited to ride in the 'hel-I-copter,' " said Preston's mother, Kelly Parker, pronouncing the word as her son had.

The mother and child from Truth or Consequences had been trapped in their 2001 Toyota Tacoma after it rolled over just outside Hatch. Still strapped in his car seat in the back, Preston called for his mother's attention: "Mama, my hand," Preston said calmly.

Parker looked over and could barely muster the same composure as her baby. Preston's arm was severed between the elbow and the wrist. Still on her side and with what appeared to be a broken arm, Parker ripped off her seat belt, then tore off her shirt and used it as a tourniquet around her son's mangled forearm.

"Mama, I don't want to die," the toddler said.

That night Preston underwent six hours of surgery at Thomason to repair his arm. Orthopedic surgeon Miguel Pirela-Cruz, an associate professor at Texas Tech, is the only physician who performs microsurgery at Thomason. The hospital is the only Level 1 trauma center and serves 85 percent of trauma cases in a 250-mile radius.

Dr. Pirela-Cruz was recruited from Las Cruces specifically for orthopedic surgery, a specialist required at Level 1 trauma centers. He has been at the hospital for a year and a half.

Dr. Pirela-Cruz is also Lt. Col. Pirela-Cruz with the 150th Medical Squadron. Pirela-Cruz has been working on a new medical process dealing with this type of injury in a battle-

field environment he said.

Though Parker thought she and her son would be flown to Albuquerque, they quickly arrived in El Paso.

"They (rescue team) knew this is where we had to come," she said.

"They knew this was the doctor we needed."

Everything since the wreck has worked in their favor, Parker said, and it is nothing short of a miracle.

The limb was given proper treatment at the scene, even by witnesses, and the time of their arrival was ideal, Pirela-

Cruz said. A shunt was placed in the arm before surgery to restore blood supply to the limb.

The bone of the limb was also shortened to connect healthy tissue on both ends, he said.

His prognosis "with respect to his hand is relatively good," said Pirela-Cruz, who spoke on his mobile phone from an orthopedic surgery conference in San Antonio. "The third day post-surgery he was coming along fine."

Hours after surgery, Preston was already moving his fingers, which is "very encouraging," the surgeon

said. Medical staff members were also caught off guard by the child's resilience.

"We had to keep him sedated and restrained, but nobody thought to restrain his replanted arm," Pirela-Cruz said.

"But he was using that arm (his only unrestrained limb) to pull out his breathing tubes.

"Traditionally, you would think it would take a while after surgery before he gets up to speed. But he surprised us," he said.

Preston's parents are confident their son will make a full recovery.

Preston's "get-up-and-go" spunk and a strong Christian faith have kept them going, Kelly Parker said.

"I got down on my knees right there at the side of the road and asked God for help," she said.

"This little boy is doing just fine," Pirela-Cruz said. "He is still going through treatment and still has some scarring but all-in-all, he is doing great."



Photo by SSgt. Damian Bohannon

Lt. Col. Miguel Pirela-Cruz gives a checkup to a member of the Wing while serving as a doctor in the Air National Guard.

"I'm all in favor of keeping dangerous weapons out of the hands of fools. Let's start with typewriters." - Frank Lloyd Wright (1868-1959)

Do you have an original quote you call your own and would like to share?

Email your quote to the editor: Mitchell.Chandran@nmkirt.ang.af.mil with the subject line: Quote for Jet Stream

Army captains visit the Tacos

Teaching the Air Force mission to others



Photo by MSgt. Brad Nation

SSgt. Kris Podner (Far right), Crew Chief for the 150th Maintenance Squadron, shows the Army captains an F-16 "Fighting Falcon" aircraft during their stay with the 150th FW.

The DSE mission has been around for more than 30 years, providing genuinely unique support to the U.S. Department of Defense and devoting countless hours to flight test communities around the world while, most notably, the F/A-22 Raptor program.

By 1Lt. Bruce R. Hill, Jr.
150th Public Affairs Officer

Newly promoted Army captains from Ft. Bliss, Texas took a good look at an Air Force mission here that is critical to the training and development of Army air defense systems, April 24.

The Army Captains Career Course, a professional development program that prepares new captains for leadership positions abroad, brought 14 course members to the New Mexico Air National Guard for a tour of the F-16 fighter unit.

The officers spent two hours touring

the 150th Fighter Wing flight operations building and F-16 maintenance areas to learn about Air National Guard flying operations and the Defense Systems Evaluation (DSE) mission. "DSE, the only test support program of its kind in the world, has assisted in the development of the Army's Patriot and Avenger defense systems, as examples," said Col. William Robinson, vice wing commander for the 150th Fighter Wing. "If not for DSE, some of these capabilities would very likely not be available to our combat forces today." "DSE provides the test support for

many of the Army's air defense systems," said Capt Chuck Ferguson, pilot for the 150th Fighter Wing and DSE flight scheduler. "The tour is a great opportunity for these folks to get a behind-the-scenes look at what we do in terms of test support for the Army."

The DSE mission has been around for more than 30 years, providing genuinely unique support to the U.S. Department of Defense and devoting countless hours to flight test communities around the world while, most notably, the F/A-22 Raptor program.

"The F/A-22 Raptor is a Lockheed-Martin Aeronautics Company program, commissioned by the Air Force twelve years ago," said Greg Caires, F/A-22 Raptor program communications & public relations manager for Lockheed-Martin.

Continued on page 12,
see CAPTAINS

Williams receives national award

By 1Lt. Bruce R. Hill, Jr.
150th Public Affairs Officer

One of the highest recruiting honors that can be attained in the Air National Guard was awarded to a New Mexico Air National Guardsman at the 2003 Annual National Recruiting and Retention Awards Ceremony in St. Louis, April 17th.

MSgt. John A. Williams, recruiting office supervisor for the 150th Fighter Wing, Kirtland AFB, competed against nominees from 50 states and four territories to earn the prestigious award.

"This is a great honor," said CMSgt. Mike Patterson, recruiting and retention superintendent for the State of New Mexico. "Nominees from all over were narrowed down to a five-region competition from which Williams advanced to nationals."

Competitors had to demonstrate strengths in areas ranging from job knowledge and leadership, to community involvement and previous awards earned, said Patterson. William's direction of the 150th recruiting office has led to the wing achieving and exceed-

ing recruitment goals set forth by National Guard Bureau. Williams recruiting plan, designed to meet the specific needs of the 150th and the Air National Guard, positively impacted all recruitment objectives. According to Williams, he credits an exceptional staff. "We work as a team," said Williams. "This is an honor for all of us."

The recruiting and retention office, supported by MSgt Angela Tapia, retention office manager for the 150th, and TSgt. Suzie Bowles, 150th production recruiter, received recognition as well. "Additionally, everyone assigned to recruiting and retention in the New Mexico Air National Guard was nominated for a merit-based award," said Patterson.

Tapia, 2002 New Mexico Air National Guard Retention Office Manager of the Year, was nominated to regional competition. Bowles, who earned the 2002 New Mexico Air National Guard Rookie Recruiter of the Year Award, won the regional competition and advanced to nationals.



MSgt. John A. Williams

Critical Days' require focus on safety

By General Hal M. Hornburg
Commander, ACC


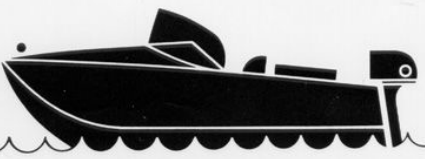
LANGLEY AIR FORCE BASE, Va. (ACCNS) — The past 18 months were busier than usual for ACC people. I am extremely proud of the job each of you has done in support of the Global War on Terrorism and Operation Iraqi Freedom. As we bring our people home, this summer will offer great opportunities for us to relax, recharge our batteries, and reconstitute our forces.

On Memorial Day, we enter the "101 Critical Days of Summer," a time when off-duty mishaps typically increase. Over the past 2 years, ACC's off-duty fatality rate during the "101 Critical Days" increased from six to eight. We need each and every one of you to help reverse this trend this summer. Our goal this year is no fatalities, and we need your help to make this happen.

We must all pay attention to on- and off-duty risks we face during the summer months including heat-related effects, highway safety, water sports, motorcycle safety, and any other risks unique to the local environment.

Commanders, supervisors, and peers have an obligation to prevent accidents by being aware of what their coworkers, friends, and family members are doing. We must make safety our number one priority. If you see someone taking unnecessary risks—do something about it. Immediately intervene and break the chain of events that may lead to an accident. Your actions can mean the difference between life and death.

Mishap prevention directly contributes to ACC's mission readiness and combat effectiveness. Let's make this year's "101 Critical Days of Summer" our safest summer ever by minimizing risks and keeping safety on our scope. Have fun, but most important, be safe!

Wear a life jacket.
Alcohol and water don't mix.
Test all safety equipment.
Ease into cold water.
Remember boat lights at night.
Swim with a companion.
Avoid strong current and turbulent water.
Follow all boating "rules of the road".
Every accident was preventable.
Think water safety.
You are important!

Water Safety
It's Up To All Of Us!

WHAT IS FITNESS?

Your Personal Plan For Total Fitness

Fitness. It's a much-confused term. To some, it means being trim or muscular. But, total fitness is more than that—it means keeping your body machine in top working order. A total physical fitness plan includes two types of exercise—aerobics (which exercise large muscle groups and increase your body's ability to use oxygen) and conditioning exercises (which improve muscle flexibility and strength).

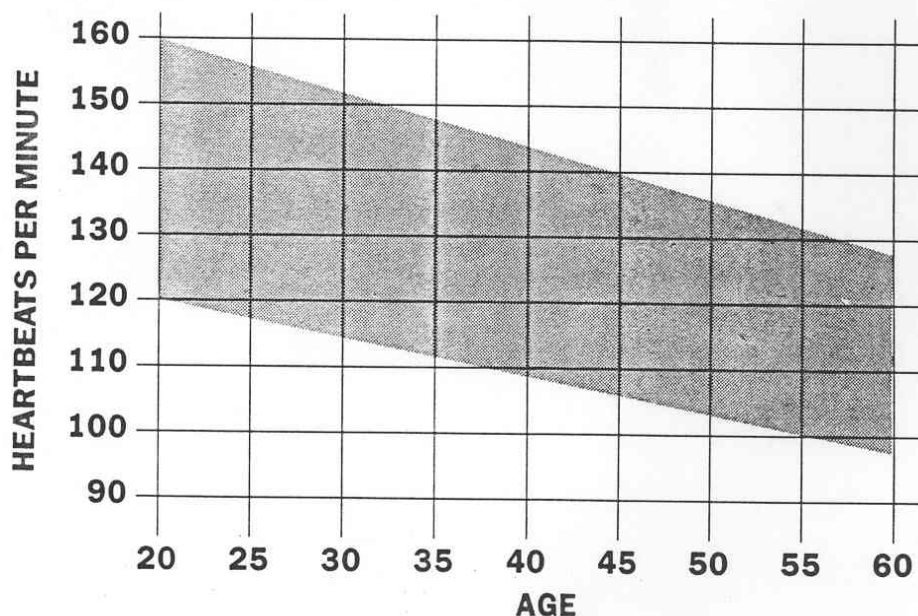
Aerobics— The Core of Your Program

Your heart pumps oxygen-rich blood to the rest of your body. And, since the heart itself is a muscle, it needs exercise to maintain strength and endurance. Aerobics exercise your heart by helping it reach and *maintain* a Target Heart Range (THR) for at least 20-30 minutes. Your THR is the safest range of heartbeats per minute during exercise. (The chart at right shows approximate THRs for various age groups.) Activities such as swimming, walking, jogging, running, and handball are all aerobic.

Conditioning Exercise— For Flexible, Strong Muscles

Conditioning exercises improve flexibility and muscle strength. Muscles help you move, and also support all the bones in your body. Stiff, weak muscles can limit movement, fail to support the rest of your body, and may make it hard to maintain a vigorous activity long enough to reach your THR.

YOUR TARGET HEART RANGE



 Range of Target Heartbeats

Aim for the low range of your THR when you first begin your aerobic fitness plan. Gradually work up to the higher range as you become more physically fit. Remember, though, if you are a smoker, suffer from a chronic medical condition or have a personal or family history of heart disease, check with your healthcare professional before starting any exercise program.

Stretching exercises improve flexibility, while "resistance" exercises (such as push-ups) build muscle strength.

can improve both the quality and the quantity of the years ahead of you.

A Healthy Lifestyle— Rounding Out Your Plan

Fitness also includes weight control, proper nutrition, and stress reduction. Becoming fit is saying "yes" to life and "no" to unhealthy habits such as smoking and alcohol and drug misuse. A total fitness plan

Starting Your Plan

As you begin your fitness plan, pace yourself. Know your correct THR and try not to exceed it. Choose activities you enjoy as your core aerobic exercises, and do a variety of conditioning exercises to improve flexibility and muscle strength. Finally, make healthy lifestyle choices to help yourself become healthy and fit.

Air Force launches massive campaign to thank parents of airmen



WASHINGTON (AFMCNS) — Secretary of the Air Force James Roche and Air Force Chief of Staff Gen. John Jumper launched a service-wide campaign May 5 to thank the parents of America's airmen for their support of their children's service. The Air Force Parent Pin - or "P" pin - program encourages airmen to register on a secure Air Force web site,

www.yourguardiansoffreedom.com, where they can provide the names and addresses of up to two parents or parental figures. Shortly thereafter, the airmen's parents receive personalized letters from Roche and Jumper containing high-quality lapel pins displaying the letter "P" cradled in the Air Force symbol. All airmen - active, Guard and Reserve - are strongly encouraged by their chain of command to register on the web site and have pins sent to up to two recipients.

The pins are a contemporary adaptation of the World War II "E" flags that were used to recognize companies for contributions to the war effort, and they are presented on display cards that explain their lineage. The letters address recipients and airmen by name.

Air Force officials said they are intended to communicate to parents the importance of their children's service to the ongoing war on terrorism, to express sincere gratitude for parents' continued support, and to convey a sense of partnership between the Air Force and the parents of America's airmen.

This massive effort comes on heels of the Air Force's highly-successful "E" pin program, which represented the first direct-mail outreach effort from the leaders of any of the armed services to employers across America. Air National Guard and Air Force Reserve Command airmen voluntarily submitted contact information for more than 60,000 employers, each of whom received an "E" pin and a personalized letter from the Secretary of the Air Force and the Air Force Chief of Staff acknowledging them as partners in the war effort.

Air Force leaders have received hundreds of supportive letters and e-mails from employers and airmen because of this program, and today, tens of thousands of employers are wearing Air Force "E" pins as pledges of support for the military service of their airmen.

Both the "P" pin and "E" pin campaigns are elements of the Air Force's Your Guardians of Freedom program. As families, employers and communities across the nation share the burdens of military service, service leaders said it's critical that commanders at every level reach out to cultivate the relationships that form the foundation of public support for their airmen.

Through a secure web site at **www.yourguardiansoffreedom.com**, the Your Guardians of Freedom program offers a flexible, user-friendly set of web-based tools that allow commanders and their staffs to quickly and efficiently reach out to key audiences on their bases, in their communities, and beyond.

What goes around, comes around

On May 7, Gen. John Jumper and Air Force Secretary James Roche kicked off the new morale program giving airmen the opportunity to present up to two parents with a visible symbol of their child's service.

"It's not just the kids who go out there" and become airmen, Jumper said. "It's also the parents, who brought these kids to us."

Three sets of Air Force parents received their pins.

Honored were Airman 1st Class

Daniel Christian of the 11 Security Forces Squadron at Bolling Air Force Base, Md., and his parents, Ramona and Ronald; Senior Airman Dominic Scali, an ordnance loader with the District of Columbia Air National Guard, and his parents, James and Jennifer Scali, of Chesapeake Beach, Md.; and Master Sgt. Phyllis Pierce and her sister, Senior Airman McGan Jenkins, both medics with the 459th Aero Medical Evacuation Squadron

with the Air Force Reserves at Andrews Air Force Base and their mother, Mildred Jenkins, of Mechanicsville, Md.

Roche also surprised Jumper with a pin, because all three of the four-star's children are in the service — two daughters who are Air Force captains, and a rising college freshman daughter who is about to enter the Air Force ROTC program at the University of Virginia. (Stars and Stripes, Europe)





CTO using GSA fares.

7. Members who arrange travel through non-contract travel agents or common carrier direct purchase will not be reimbursed for costs associated with trip cancellations or changes (restricted ticket purchases). 10. REF: JFTR, DoDD 4500.9, DoDI 4500.42 and AFI 24-101.

Any and all question in reference to travel can be directed to MSgt. Martin Chacon at 846-2277 of you can contact the Passenger Movement Section at 846-6029 (fax 846-8161) or e-mail:

tmo.150fw@nmkirt.af.mil; or contact Kola Nut Travel - 846-7171 or DSN 246-7171 (after hours 1-866-222-0741 mention access code H86A)

Mandatory travel profiles

It is now mandatory to set up a travel profile with Kola Nut Travel (base CTO), which must include your government credit card number/expiration date, e-mail address (also include the following e-mail address: **tmo.150fw@nmkirt.af.mil** to your profile). Contact Kola Nut at 6-7171 or visit their web sit at **www.kolanuttmc.com** (Username = kirt, Password = kirt). For more information contact the Passenger Movement Section at 846-6029

Helpful travel websites

This website lists countries with talking papers with traveler warnings on what to expect and what not to expect in each country to include safety precautions.

<http://travel.state.gov/>

This website lists transportation security every traveler should know.

<http://www.nts.gov/>

The Federal Aviation Administration's website gives travelers up-to-date information on safety, regulations, advisories, traveler briefings, and much more. For pilots, NOTAMS are available at this site.

<http://www1.faa.gov/>

All members in the 150th Fighter Wing should be acquainted with current policy regarding temporary duty travel requirements.

When available, Passenger Movement Section or CTO (Kola Nut Travel) services should be used to arrange all official travel and ticketing.

Members are responsible for providing and maintaining a travel profile with Kola Nut Travel, which must include government credit card number and expiration date.

The following information will assist in easing the strains of your trip.

1. Passenger Movement will only make reservation and/or ticket according to the itinerary listed on your orders.

2. Members or their representative are responsible for getting their approved orders to Passenger Movement.

3. Airline tickets will be purchased no earlier then 5 days from the date of travel (unless extenuating circumstances exist), e-ticketing will be used for all domestic travel.

4. Members are responsible for making authorized changes after receiving their ticket.

5. Member must turn-in any unused portion of their airline ticket with a copy of their orders to Passenger Movement within 5 days of completion of TDY.

6. When Passenger Movement or CTO is available but the members arranges travel through non-contract travel agents or common carrier direct purchase, reimbursement is limited to the amount the of the ticket not exceeding what the Government would have paid if the arrangements had been made directly through the

Caffeine and Ephedra Before Workout Tax Heart

Combination increases cardiovascular strain, study finds

HealthScoutNews

People who consume ephedra and caffeine before they exercise alter their cardiovascular system, placing greater demands on their heart, says a South Dakota State University study. The combination of ephedra and caffeine increases hypersensitive response before, during and after exercise, and increases systolic blood pressure before exercise. That higher rate pressure results in more work for the heart. The findings were presented at the Experimental Biology meeting in San Diego, which runs April 11-15. The study included five men and five women who were given either 150 milligrams of caffeine and 20 milligrams of ephedra or a placebo. They were then monitored while at rest, during exercise and after exercise. The people who took the caffeine/ephedra had higher hypertensive

response after 60 minutes of rest. That response remained higher at 30 and 60 minutes of exercise. The people who took the caffeine/ephedra also had higher systolic blood pressure while they were resting and had higher mean arterial pressure. Ephedra is a controversial herb marketed as an energy booster and weight loss aid. It's been linked to almost 100 deaths, including high school, college and professional athletes who have collapsed during games or practice. **More information** Here's where you can learn more about **ephedra** <<http://nccam.nih.gov/health/alerts/ephedra/consumeradvisory.htm>>. **SOURCE:** American Physiological Society, news release, April 9, 2003 — Robert Preidt Copyright © 2003 ScoutNews, LLC.

CAPTAINS

continued from page 7.

"We've been doing the flight test support for the F/A-22 program since 1995," said Maj Benjamin H. Breslin, DSE pilot for the 150th. "We began flying profiles in the very early stages of the F-22's development. Last month, we flew F-16s on the maiden voyage with the 1st production model of the F/A-22 Raptor aircraft."

A proud organization with a long legacy of service and history that continues to unfold, DSE is prepared to continue its key role in the developmental testing of the many critical weapons systems it has been tasked for decades to come.

New Air National Guard fitness program

The Air National Guard now has a new fitness program to include a new fitness assessment.

The goal of the Air National Guard Fitness Program (ANGFP) is to motivate all members to participate in a year-round physical conditioning program emphasizing total fitness to meet military and civilian requirements.

The ANG will continue to assess all ANG members' fitness once per year. For those who do not meet the minimum fitness standard, a repeat fitness assessment will be required within a specified period of time.

There are five fitness components assessed.

1. Body Composition (Body fat percent), weight, height, and waist measurements: The body composition assessment is non-invasive and is based on gender, height, weight, and waist measurements. The average range for women is 19-28 percent and for men is 17-21 percent. Excess body fat is associated with a number of health risks to include heart disease, hypertension, diabetes, gall bladder disease, and sleep disorders.

2. Resting Pulse and Recovery Pulse (Three minute step test): After measuring resting pulse, a complete three minute step test requiring people to step up and down on a exercise 3 step will be assessed. After three minutes, the pulse will be measured for one complete minute. This is known as the recovery rate.

3. Flexibility (Sit and reach): The flexibility test, also know as the sit and reach test, will test the mid section for extended motion. This is essentially the "touch your toes" test while sitting on the exercise mat with legs extended in front.

4. Muscular Strength and Endurance Abdominal - one minute sit up test: Muscular strenght is a measurement of the greatest amount of force a person can produce in a single maximal effort. Muscular endurance measures the ability to exert a sub-maximal force over a period of time. Adequate muscular endurance and strenght are essential ingredients to optimal health, facilitating participation in everyday activities.

5. Muscular Strength and Endurance Upper Torso - Push ups: The push up test requires a person to complete as many continuous push ups as a person can until fatigue (i.e. can do no more without causing any injury). Men are required to perform the standard military push up and women are required to perform the modified (from the knee) push up.

Each score obtained for each test is written on the Fitness Assessment Questionnaire at the location of the testing. At the completion of the assessment, the questionnaire will be collected and the data entered into an online fitness assessment software program.

Around The Wing

PROMOTIONS

The 150th Fighter Wing congratulates the following promotees to their new ranks.

Senior Airman

Casimir Cole

Christopher Garcia

Jonathan Leverett

Ryan Laney

Anthony Pineda

Julio Weber

Staff Sergeant

Melissa Bohach

Roberto Campos

Charles Garcia

Henry Sanchez

Isaac Sanchez

Eric Sampson

Michael Schmidt

Technical Sergeant

Shawn Benoit

Bethany Gallegos

James Lamb

Steven Lopez

Steven Schmidt

Katherine Smith

Master Sergeant

Castaneda Luis

Donnie Reams

Lieutenant Colonel

Tim Harmeson

WELCOME

The 150th Fighter Wing welcomes its newest members.

C.W. Anderson

Kimberly Baca

Robert Hayden

Antonio Jaramillo, Sr

Sisto Martinez

Greforio Telles

Who's Who in the 150th FW

Photos by SMSgt. Jim Davis



MSgt. Rubyann Jaramillo

Career Enhancements

&

SMSgt. Larry Cox

First Sergeant

150th Mission Support Flight



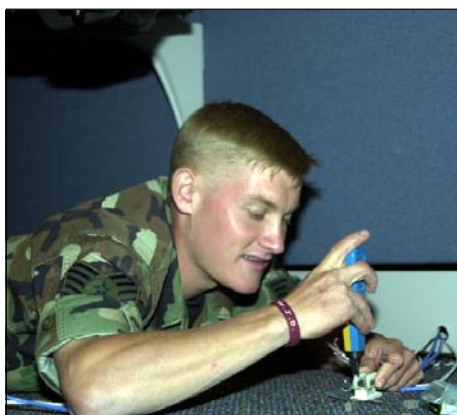
MSgt. William Kjeth

&

MSgt. Jeff Green

Radio Technicians

150th Communications Flight



SSgt. Nathaniel Bartnick

Telephone Technician

150th Communications Flight



MSgt. Ralph Quintana

Airframe Repairman

150th Maintenance Squadron

Spotlight



After a five year wait, Tony Lynn, radio personality with 107.9 prepares for a back-seat ride in an F-16 "Fighting Falcon" May 14. Lynn greatly assisted the 150th FW Family Assistance program with his promotion efforts resulting in substantial donations for unit members' families.

SHIRT

Continued from page 2

The principles of personnel management are not restricted to only commanders and first sergeants but are key to everyone serving in uniform. We must all, from the airmen ranks to our senior officers, understand and apply these tools to ensure we have a *Mission Ready Force* capable of performing our given mission by ensuring we have the people or human resources necessary to sustain mission accomplishment.

There are five main points to good Force Management

Accession. Recruiting and Retention are the key elements in sustaining mission accomplishment. We recruit people into our unit to fill vacancies. Our recruiting staff is the focal point for identifying and assigning new members to replace the human resources. Our retention office is where we work to keep our trained and qualified members with experience to maintain the mission and train our new recruits.

Training / Education. Once we recruit our newest members we train them in their new jobs. Training is where we take an entry level qualified person and create a trained asset for mission accomplishment. We are unique from the civilian world where people are hired based on their accumulated training and experience. We take a person who has shown the capability for a career and deliver the training they will need. But training goes beyond our recruits. For those who have completed their basic level of training we need to follow up with sustainment training to keep their skills sharp. And of course each of us must complete our professional Military training requirement through PME to prepare us for higher levels of responsibility.

Utilization. Once we get our force trained we need to utilize them in their assigned specialty with duties commensurate with their skill level. This is

where we gain the investment of training our folks. Not utilizing people properly can impact retention and become a self-fulfilling prophecy. If people aren't properly utilized to do the job their skill sets may decrease over time causing others to work harder. If others work hard to fill the void training opportunities may pass by causing someone to become non-proficient in their specialty. For the guard, training and utilization overlap. Your utilization should constantly support your training and visa versa. That's what we exist for; to prepare to fight wars.

Sustainment. From recruiting through utilization, we brought in our workforce, trained them and utilized them to perform our mission. During this time the learning curve is usually a steep climb only leveling off once a person is fully qualified and working in their specialty for some time. Now we must employ other tools to keep things exciting and worthwhile for our folks. This is a good place to recognize hard work and commitment and to reward results when performance is above and beyond what is required. The awards and decorations program is a good place to start. Mentoring or grooming members for greater levels of responsibility for upward mobility is another area of sustainment. Career cross training is another avenue of sustainment. The promotion path in their current career may top out early. Retraining is a way to keep good quality people in our unit in a new career. Understanding and teaching the Unit Manning Document (UMD) and how it applies to the work center and the promotion system is a great way to show how folks can succeed. Promoting the right people into the right position is another way of sustainment. It is here where we let members know how much they are a value to the unit.

Replacement. This principle is inevitable; therefore we should plan for it. As with mechanical resources our human resources will eventually need to be replaced. Retirements, separations, commissions and selec-

tive retention are a few reasons requiring replacement. Planning for these inevitabilities will ensure we maintain a mission ready force. As supervisors we need to know our people and their career plans to ensure we keep and maintain a balance between youth and experience. We do not want our investment of time, energy and training to leave before we prepare our future work force. But most importantly we need to look out for those members who have served their state and country with honor. If we have employed all of the Force Management principles properly, people will know and understand and be able to look forward to their retirement with knowledge. Retirement or utilizing selective retention should not be a surprise. We owe it to them and the unit.

These are the five steps of *Personnel Force Management* and how they are vital to our mission success. Each one of us goes through these steps. Some may overlap and some may go back and forth between the steps depending on your career path.

Applying the principles of Personnel Force Management allows the unit to operate and meet mission. Ultimately, commanders are responsible for employing Personnel Force Management. It is with the assistance of the first sergeants, senior leadership (SNCO'S) and supervisors they ensure we have a force capable of executing our mission.

Everyone is responsible for employing personnel force management.

Space for sale

This space, plus more, can be yours to tell the stories or give the information you need to tell.

Simply email your news or article to:

Mitchell.Chandran@nmkirt.ang.af.mil

Cost of space is based on effort to submit; managing time to prepare to submit; delegating responsibility to be submitted; or simply not caring to submit. Can you afford to, or not to, use this space?



Air Force photo

Members of the 150th Fighter Wing and maintainers with the 150th Maintenance Squadron stand proudly in front of the first accepted F-16 "Fighting Falcon" from the Block 30 series. The wing is currently going through an aircraft conversion process which is expected to be complete around fall this year. The total time for the conversion of the aircraft themselves is expected to be about 80 days from start to finish. This is quite an accomplishment that could only be done with the combined efforts of the entire unit. The 150th Fighter Wing has currently accepted 14 block 30 aircraft and the last three are expected to be accepted toward the third week of June. During the aircraft exchange phase of the conversion, the wing has also supported deployments to Atlanta Ga., Nellis AFB, Nv., March AFB Ca., Hawaii, and supported flying operations during President Bush's visit to New Mexico.

NEWS

You Can Use

New Chaplain services hours

Catholic Mass will now be held at the auditorium of the Security Forces building at 0800 on Sunday UTAs.

Protestant worship will be at the Disaster Preparedness building, (1042) at 0800, and LDS service is being temporarily held in the temporary Chaplain's office in the old communications Building at 0800 as well.

Donations needed

Lonnie Tuttle, daughter of MSgt. Cheryl Tuttle (Ret) has been diagnosed with cancer. The NMANG is soliciting donations to help the family offset medical costs. Donations may be given to the Family Support office or Maj. Melissa Sunnycard-Couse.

Wing Military Ball 2003

The 150th Fighter Wing is hosting a Military Ball on July 26th, 2003 at the Kirtland AFB Mountain View Club. Tickets are being sold by all 1st

Sergeants and Chiefs in the wing. This is a great opportunity for all of us to get to know each other better and to boost our morale within the unit. There will be dinner, guest speaker, dancing and more. See you there! For more info please contact MSgt Brad Chambers @ 6-5852, Chief Allen Ludi @ 3-7684, or TSgt Jonelle Mullins @ 6-6252

Self Inspection due July 31

We all need to ensure day-to-day compliance with governing Air Force Instructions and directives in all areas.

Self-inspection reports are to be turned into your group commander semiannually - July 31 and Jan. 31.

Group commanders own this process, and in turn, will set up the program to best fit their respective organization.

Meet Hal Olsen

Hal Olsen, known nose artist during World War II will be at Applebee's Grill and Bar, 10895 Montgomery, NE, May 17 at 0900. A video documentary and lecture of *Nose Art in the Pacific War* will be the topic.

Family Day in September

Family Day is Sept. 7 for all members of the 150th Fighter Wing. This year's theme is "Veterans." Plan to bring friends and family out to the unit. A good time is guaranteed for all.

Enroll in Camp Falcon

The family Support unit is looking for children of Guard members to participate in 4 days at the Boys and Girls camp, Camp Falcon, July 14-18. Contact Maj. Melissa Sunnycard-Couse at 853-7672.

SGLI premiums reduced

Beginning in July, the cost for a \$250,000 policy — the maximum coverage — will drop from \$20 to \$16.25 monthly, a \$3.75 savings.

The Department of Veterans Affairs reports that rates for Veterans Group Life Insurance will not change. Information about the change in SGLI premiums can be found at www.insurance.va.gov, or call the office of Servicemembers Group Life Insurance toll free at (800) 419-1473.

June UTA Paydate: June 20